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girl? Can I really do this without a
nsite? Can you please squeeze m
loctor? How much faster will I del
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'BEST ECONOMY IN HISTORY'

Trump spoke in Philly on Tuesday. 6-7

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Philly is full of amazing artwork around every corner. 12

JESS X SNOW

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POLITICS ON THE PEDESTAL

A statue of a Viking explorer that has stood for 100 years by the Schuylkill River was recently toppled — and some believe it may be because the statue has become a "flash point" for conflicts between Antifa and white supremacists. 4

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

For 100 years, a statue of a Viking explorer has stood along the Schuylkill River, providing a landmark to rowers and joggers and memorializing the story of the Icelandic journeys to North America around the year 1000 A.D. But in recent years, that statue has been appropriated as a beacon for white supremacists. With their annual gathering under the statue fast approaching, the statue was mysteriously toppled and knocked into the river early Tuesday morning. No arrests have been made, but some suspect that left-wing activists with Antifa may have been behind the vandalism. Read more inside and on **metrophilly.us.**

FEDS ARREST 4 MEN IN CONNECTION TO VA RALLY

1 Four men linked to a white supremacist group were arrested on Tuesday in connection with the white nationalist rally that turned deadly in Charlottesville, Virginia, last year, authorities said. They were arrested in California and were to be transported to Charlottesville after making initial appearances in federal courts in California on Tuesday, U.S. Attorney Thomas Cullen said at a news conference. U.S. Justice Department officials said the men had traveled from California to incite a riot and bring violence to the August 2017 rally in the Virginia college town. They said the men were part of an organized, militant white supremacist group, named in the criminal complaint as the "Rise Above Movement." Each man faces 10 years in prison if found guilty, according to authorities. Cullen said he expected a trial could start as soon as the end of the year. Authorities decided the men's alleged activities could be prosecuted under a federal statute on riots, instead of laws prohibiting hate crimes, but Cullen said there may be other charges against them.

FACEBOOK SAYS HACKERS DID NOT ACCESS SITES

2 Facebook Inc. said on Tuesday that investigators have determined that hackers did not access other sites that use the social-networking site's single sign-on in a massive cyberattack that the company disclosed last week. "We analyzed third-party access during the time of the attack we have identified. That investigation has found no evidence that the attackers accessed any apps using Facebook Login," said Guy Rosen, a Facebook vice president overseeing security, in a statement sent to Reuters. The announcement comes after Facebook last week disclosed its worst-ever security breach, saying hackers had stolen login codes that allowed them to access nearly 50 million Facebook accounts. Rosen warned on a Friday conference call that the hackers could have also accessed third-party websites and apps that allow users to access their accounts using Facebook logins. Security researchers with the Univ. of Illinois at Chicago estimate that more than 42,000 websites allow customers to access their accounts with Facebook Login, an estimate that prompted concern the attack on the social-networking site could reverberate across the internet.

APPLE HARVEST IN KASHMIR

3 Laborers carry boxes of apples in an orchard during harvesting season on Monday in Tral, south of Srinagar, the summer capital of Indian-administered Kashmir. Apple harvest is at its peak, but farmers are saying that the prices this year have slumped in major markets across India. Adding to their disadvantage are the rising freight rates of the truckers who ferry them to Indian markets. Kashmir's orchards produce 1.2 million tons of apples annually, the second-largest harvest in India. About 800,000 tons of the produce is exported to other parts of India and the rest consumed locally. Kashmiri apples have gained popularity across the globe for their unique yet delicious taste. The valley boasts around 113 varieties of Kashmiri apples.

GETTY IMAGES

PREZ: 'SCARY TIME' FOR MEN FALSELY ACCUSED

4 President Donald Trump said on Tuesday allegations of sexual misconduct against his U.S. Supreme Court nominee Brett Kavanaugh showed that "it's a very scary time for young men in America" who now may be presumed guilty even when innocent. Five days after an extraordinary Senate hearing watched by millions of people in which a university professor, Christine Blasey Ford, detailed her sexual assault allegation against Kavanaugh, Trump seemed to raise the issue of false accusations against men. The fight over Kavanaugh's nomination to a lifetime job on the top U.S. court comes against the backdrop of the #MeToo movement fighting sexual harassment and assault that has toppled a succession of powerful men. Under pressure from moderate fellow Republicans, Trump on Friday ordered an FBI investigation lasting up to a week into the allegations against his nominee. Trump told reporters on Tuesday he thought the conservative federal appeals court judge would win Senate confirmation once the FBI finishes its investigation.

CHICAGO COP DEFENDS SHOOTING OF BLACK TEEN

5 The white Chicago police officer who shot to death a black teenager in 2014 told jurors at his murder trial on Tuesday that he felt threatened when he opened fire, as he took the witness stand in his own defense. Jason Van Dyke, 40, is accused of shooting 17-year-old Laquan McDonald 16 times and faces charges of first-degree murder, aggravated battery and official misconduct in a case that has focused attention on race relations and policing in the third-largest U.S. city. He is the first Chicago police officer to face a murder charge for an on-duty incident in decades. Wiping tears away at times, Van Dyke testified that McDonald "never stopped" advancing toward Van Dyke, getting about 10 to 15 feet away from him. "His face had no expression," Van Dyke said under questioning from his lawyer. "His eyes were buggin' out." McDonald waved his knife and was still holding the knife when he fell to the ground, Van Dyke said, adding that he shot at the knife. Van Dyke said he did not know how many shots he fired at the time and stopped shooting when McDonald fell.

Good food is good health care

WRITTEN BY
Amy Smith

Hospitals have the unique opportunity to play a central role in public health, honoring prevention, wellness and healthy living. Health care food service operators provide nourishment across all aspects of care. It's their meals, after all, that hold the potential to positively impact thousands of patients, staff, and visitors each and every day.

Hospitals in Philadelphia have been improving community health and wellness in novel ways through a federally funded initiative aimed at revolutionizing hospital food. The Good Food, Healthy Hospitals (GFHH) initiative was created through a partnership with the Philadelphia Department of Public Health, The Common Market (a nonprofit food distributor devoted to supporting local and regional producers and family farms by connecting their products with communities and institution), and the American Heart Association.

The goal? To leverage our health care system to cultivate deep and lasting systemic change in the way we eat and live. This, in turn, helps communities better understand the relationship between food, our food system, and our health and well-being.

At the heart of the initiative is the recognition that a fresh, balanced, and nutritious diet is key to promoting wellness and preventing chronic disease. Hospitals are creating a culture of health by aligning food service operations with their community health, employee wellness, and hospital leadership initiatives. They are also bringing farm-fresh foods into health care so they're more accessible to patients, staff, and visitors.

We applaud hospital staff and leadership for recognizing the important role prevention plays and implementing GFHH guidelines into their core mission and values. This is no small task, but GFHH's support network helps to streamline this process. Participating hospitals work together to communicate and share information, strengthening the program through ongoing collaboration.

"Good Food, Healthy Hospitals is unique in that participating hospitals actively collaborate to make the healthy choice the easy choice and create systemic change in healthcare across Philadelphia," says Catherine Bartoli, Healthy Food Procurement Coordinator at the Philadelphia Department of Public Health.

The GFHH initiative has been funded by the Centers for Disease Control and Prevention for the past four years, making it free of charge for participating hospitals. To date, 18 health care institutions throughout Philadelphia have been making key changes to promote healthy living. Strategies include eliminating sugar-

sweetened beverages and deep-fat frying while increasing fresh fruits and vegetables, and offering healthier meal options.

Some health care institutions host pop-up food and nutrition demos in waiting rooms and other public venues, while others are growing their own produce or participating in farmers markets and farm shares (CSAs). The goal is to expand offerings of healthy food and to ultimately make them more accessible to all. What's more, the GFHH initiative also supports local farmers and the regional economy, playing an important role in the sustainable food movement.

Interested in how to promote a culture of health within your hospital and, in turn, your community? Learn more about the Good Food, Healthy Hospitals initiative at: http://foodfitphilly.org/good-food-healthy-hospitals/.

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A century-old statue of Viking explorer Thorfinn Karlsefni has been adopted as a symbol by white supremacist groups.
WIKIMEDIA COMMONS

Viking statue-turned-'flash point' between skinheads and Antifa toppled into Schuylkill River

The skinhead magnet was toppled by unknown vandals ahead of an annual white supremacist rally.

SAM NEWHOUSE
sam.newhouse@metro.us

A 12,000-pound, century-old statue of a Viking explorer along the Schuylkill River that some white supremacists group treat as a totem of their ideology is under repair after it was knocked down overnight.

The 7-foot-4-inch-tall bronze Viking statue depicting Thorfinn Karlsefni is located next to the lighthouse at the end of Boathouse Row, beside Kelly Drive.

Around 2:30 a.m. Tuesday, police were called to the scene based on reports that the statue was missing. They found it in the river nearby.

"This statue was essentially toppled," said Margot Berg, public art director for Philadelphia's Office of Arts, Culture and the Creative Economy (OACCE). "It was an act of vandalism. There aren't really any cameras around there that we can see, so we're hoping if anybody driving by saw anything, that they can help and share anything with the police."

The Schuylkill is not too shallow at that location, so the statue was clearly visible while submerged in the water nearby. The pedestal was partly broken into two pieces, and as of press time, a team was preparing to remove the sculpture from the river for repairs.

Police have not made any arrests or speculated on a motive for the statue being knocked down. Some have noticed that with an Eagles-Vikings game scheduled for Oct. 7, maybe a passionate football fan wanted to make a statement against the rival team.

But it's not hard to connect the dots for those who know the statue's history.

The 98-year-old sculpture memorializes the millennia-old journey to North America of Icelandic sailor Thorfinn Karlsefni. But in recent years, the statue's story has been perverted by white supremacists who have made it their rendezvous point for annual gatherings.

Specifically, the Keystone State Skinheads (KSS), now sometimes called Keystone United, have held annual meetings in Philadelphia on "Leif Erikson Day" by the statue for years, purportedly because they see the Vikings who visited North America as vindicating their white-supremacist ideology. The official date for that holiday is Oct. 9 — next Tuesday.

"If this was due to somebody on the left, on our side, it was based on the frustration people have about the non-actions against KSS every year when this happens, not talking about this, not talking about stopping it," said Daryle Lamont Jenkins, the activist who tracks white supremacist activities and founder of OnePeoplesProject.org. "Let's be fair. It's just a statue of a Viking explorer. There really wasn't any white supremacist connotation to it until KSS came along. There should be a response. They should condemn it. Just say they have no place in Philly. That's all anybody really wants folks to do."

Berg declined to comment on possible ideological or political motivations of the vandals who knocked down the Viking, which she called a beloved landmark for rowers and other Schuylkill River Trail users.

"The sculpture has been a flash point between different groups in the past, but I certainly can't surmise why they did this last night," Berg said. "It is a sculpture that has stood there for 100 years, and it is one of the parts of our collection which belongs to everyone. I'm just always really disappointed when people do these really unnecessary and costly acts of vandalism."

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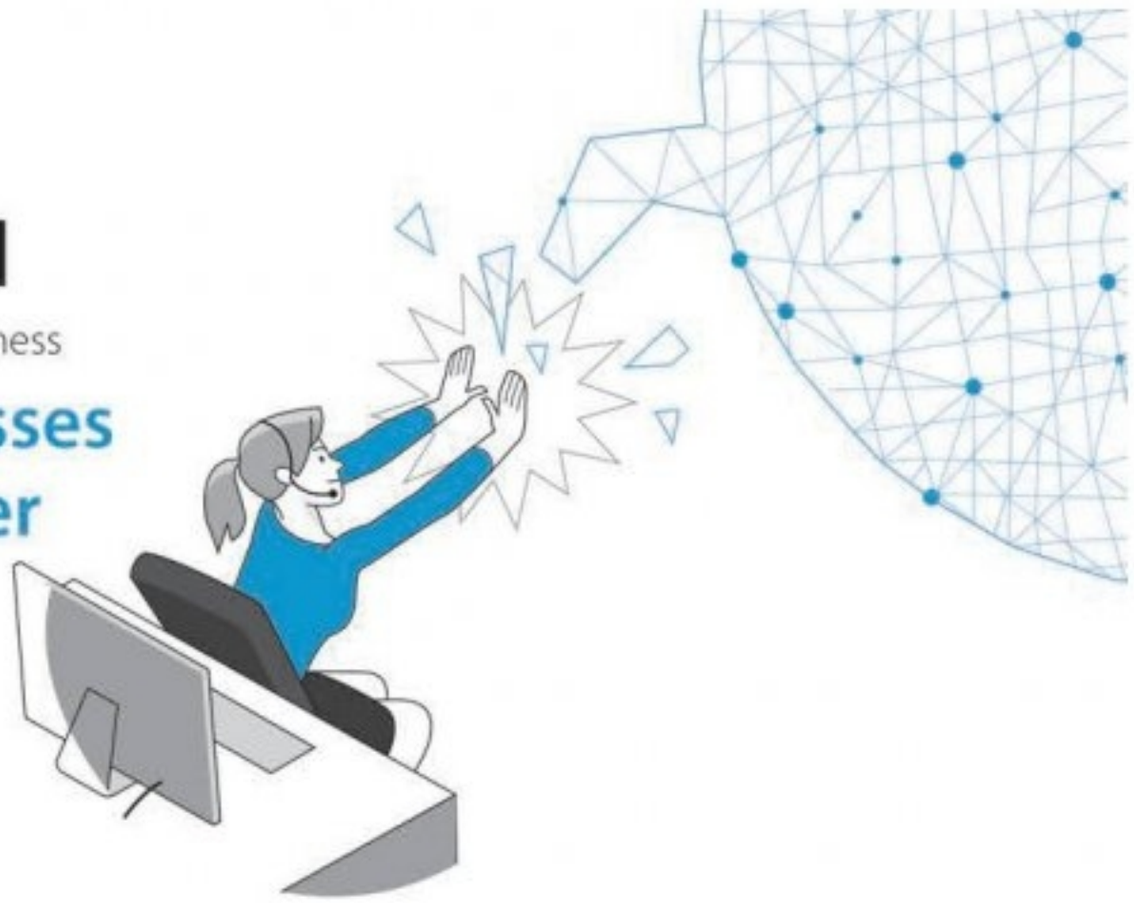
Defend, Detect and Repel

Part three of a three-part series on cybersecurity for small business

Fighting back: How small businesses can detect, respond and recover from a cyberattack



Even though 78% of cyberattacks are aimed at small businesses, only 15% of them have a plan to deal with an attack. (Verizon Enterprise, 2018; Better Business Bureau, 2017)

This explains why small business cyberattacks can be so devastating. Losing money and data can be compounded by loss of reputation, customers and intellectual property.

"They might pay in a ransomware attack and still not get their data back," says Megan Wright, a Technology Advisor with Dell Small Business. "Small businesses can just get wiped out."

Before an attack: Back up data and keep the network secure

Many cyberattacks are aimed squarely at your data. In ransomware attacks, data is held hostage for a cash payment. In other cases, hackers may be after customer data or account numbers.

Wright encourages all small businesses to back up all critical data. A strong backup plan involves:

- **Automation:** Make sure critical data is identified and backed up regularly
- **Redundancy:** Ideally you will have local and cloud backups
- **Isolation:** Backups should be sequestered from the main network
- **Accessibility:** Someone should know how to access the backup

Businesses need to practice good basic security as well: strong passwords, the latest laptops equipped with security-enhancing 8th gen Intel® Core™ i5 vPro™ processors and hardware login security like TP M 2.0 (Trusted Platform Module), fingerprint readers and facial recognition, and installing anti-virus and firewall solutions. Small businesses should also assign someone responsibility for information security.

During an attack: Detect, report and react

The first rule is don't panic. The second is to act fast. The employee tasked with security should immediately track down, isolate and remove the infection, or bring in someone who can.

Since many attacks come through email and the web, all employees should be trained to spot and report them.

"I tell small businesses, security doesn't just come from me as a technology advisor," says Wright. "It has to be a priority for the entire business."

Employees also need to be on the lookout for financial scams, like urgent orders to transfer money supposedly from business leaders. "Make it a policy to be over-cautious," Wright says.

After an attack: Getting back on your feet

A business with a solid incident response plan will be able to recover much faster than one that needs to rebuild.

"Remove affected devices and files and swap in your clean backup files," Wright said. "Depending on the level of the attack, you might also bring it to the authorities."

Small businesses need to make sure they secure the trust of their customers. "Your customers are why you exist," said Wright. "They trust you with their data. That is worth all the protection you can give it."

Five steps to take before and during a cyberattack

Back up everything beforehand: A safe, uninfected data backup is critical to recovery.

Don't panic: Plan ahead of time and train your team.

Check on your backup and keep it secure: When an attack happens, ensure the backup is safe.

Make your network secure: Remove affected devices and files and close the breach.

Get back on your feet: When appropriate alert affected parties and swap in your backup.

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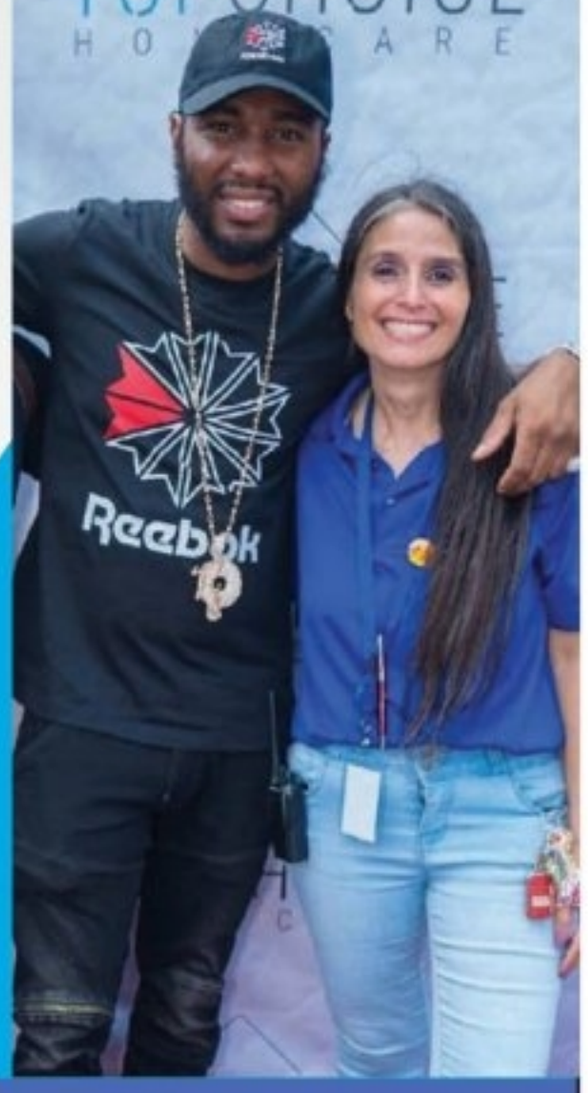

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Trump says US has 'best economy in history' during Philly visit

Trump gave a rosy outlook on the country's economic and manufacturing future during a speech in Philly as protesters marched on the streets.

SAM NEWHOUSE
sam.newhouse@metro.us

President Donald Trump came to Philadelphia for a professional convention and, as expected, was met with massive crowds of protesters.

Trump was in the City of Brotherly Love for the National Electrical Contractors Association (NECA) Convention, held at the Pennsylvania Convention Center. Organizers with Philly Socialists and Refuse Fascism Philly organized marches through the streets against Trump as he spoke Tuesday afternoon to NECA.

In his speech, Trump painted a rosy picture of the U.S., calling the current economy the best in our nation's history.

"This is really an incredible time for our nation. We are respected again. We are respected again like we have not been respected in many, many decades," Trump told attendees. "We have the best economy in our history. The stock market just did another record high. I think that's 103 times since I've been president that we've hit a new high." Fresh off announcing the United States-Mexico-Canada Agreement (USMCA) on Monday, a trade agreement proposed to replace the former NAFTA deal, Trump credited businessmen like those attending NECA's convention with boosting the nation's fortunes.

"From first-hand experience, America's electrical contractors are the best in the world, nobody even

comes close," Trump told the crowd. "And now, you have a friend and ally in the White House."

Outside, anti-Trump protesters employed the image of new Philly Flyers mascot Gritty in their signage while marching against the president, his policies and his Supreme Court nominee Brett Kavanaugh.

"GRITTY SAYS GTFO OF PHILLY!" read a huge banner featuring the smiling, demoniac hockey mascot carried by marchers.

Protesters had much to complain about, from opposition to Kavanaugh to Trump's policies on border security and U.S. military actions abroad.

But inside the Convention Center, Trump painted a rosy picture of America's future, claiming four million jobs have been created since his election and stating that U.S. unemployment rates for African-Americans, Hispanic-Americans and Asian-Americans were at their lowest levels ever.

"America will always be a nation of great builders, because in America, we honor work, we honor grit, we honor craftsmanship, we honor the men and women who turn dreams into a reality with their own two beautiful hands," Trump said. "We honor all of you. With cable, copper, wire and steel, you are the ones lighting America's path forward. You are the ones rebuilding this land we love. You are the ones making America greater than ever before. Thank you, God bless you, and God bless the USA."

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Trump helped parents shield millions from taxes: NYT

The Times reported Trump received the equivalent of at least $413 million.

GETTY IMAGES

President Donald Trump engaged in tax schemes that included cases of fraud in which he and his siblings helped their parents dodge taxes, the New York Times reported on Tuesday.

The Times investigation, which a Trump lawyer said was inaccurate, showed Trump received the equivalent today of at least $413 million from his father's real estate business, citing a "vast trove" of confidential tax return and financial records.

The Times reported that much of that fortune came to Trump because he helped his parents evade taxes, setting up a fake corporation with his siblings to disguise millions of dollars in gifts from their parents.

During his presidential campaign, Trump promoted himself as a self-made real estate mogul who started out with only a "very small" loan from his businessman father, Fred Trump.

The Times said its findings were based on more than 200 tax returns from Fred Trump, his companies and various Trump partnerships and trusts. The records did not include Donald Trump's personal tax returns.

Trump lawyer Charles Harder told the Times: "President Trump had virtually no involvement whatsoever with these matters."

Harder added: "The affairs were handled by other Trump family members who were not experts themselves and therefore relied entirely upon the aforementioned licensed professionals to ensure full compliance with the law."

The White House did not immediately respond to a request for comment on the report. Reuters has not been able to verify the report.

The newspaper said the report was based on interviews with Fred Trump's former employees and advisers and more than 100,000 pages of documents describing the inner workings of his business empire.

"The investigation also draws on tens of thousands of pages of confidential records — bank statements, financial audits, accounting ledgers, cash disbursement reports, invoices and canceled checks," the Times said. REUTERS

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the GRUMBLE

Pat King
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READER WRITE-INS:

A BIG GRUMBLE ABOUT LITTERING!

Why must people throw their garbage from their cars? Every time I am stopped at a light, the driver in the car in front of me tosses his coffee cup, water bottle or lunch bag out the window. The sidewalks and streets are full of litter! Littering has become an addiction. Everyone is doing it. Please hold your trash until you reach a garbage can.
— Frances, *Metro US reader*

ISTOCK

A RESPONSE TO THE "POLITENESS POLICE"

Yes, people saying "you're welcome" for holding open doors when you're struggling with toddlers, shopping carts or grocery bags is INCREDIBLY annoying!! I hold open doors for people all the time and realize that most of the time people have other things going on that they need to focus on. If you're doing good deeds in order to receive gratitude, you're doing them for the wrong reason! You help people because they need help. When people say "thank you" because they feel shamed into saying it, do you really think it's coming from their heart? Or is empty form the only thing you care about? Obviously, you do good deeds to feel good about YOURSELF, not because it's the appropriate thing to do for another human being in that moment.
— Penelope, *Metro New York reader*

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The winning caption from Matt L., *Metro Boston reader*

TOMORROW'S PHOTO:

metro.us/horoscopes

Aries Start a dialogue with someone who can help you with the lifestyle changes you want to make. A debate will give you plenty to think about and will lead you to make a wise choice.

Taurus An emotional shock is best controlled. Anger will not help and may lead to a change of heart. If you love someone, give them space to think.

Gemini Work hard, play hard and don't get caught up in what others do. Gossip could lead to a costly mistake that will disrupt your relationship with someone in charge.

Cancer How you approach others will make a difference. Use your imagination and charm to attract someone you'd like to do business with or get to know.

Leo Say what's on your mind and discuss your intentions and plans with others. It's best to have approval before starting something so you can avoid setbacks.

Virgo A change at home or to your lifestyle will lead to interesting developments. Children and people from your past will offer intriguing alternatives.

Libra Consider the best way to get a job done and get moving. Taking a unique approach will be a learning experience and will leave a lasting impression.

Scorpio Take a break to gain perspective on something you are trying to accomplish. An emotional situation can be resolved if you do something thoughtful.

Sagittarius Use your strength, knowledge and experience to help you get things done on time. You can ward off a change you oppose by stepping up and taking the reins.

Capricorn Put a new spin on the way you treat someone you work or live with to convince him or her to accept, or at least try, the changes you are considering.

Aquarius Stick to what you know and can afford. Refuse to let changes that someone else is making disrupt your plans. Say no to a costly joint venture.

Pisces Put all your ideas on the table and consider your best plan of attack. A kind gesture will win favors as well as someone's heart. EUGENIA LAST

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Taran Killam on why *'Single Parents'* isn't a traditional family show

The "SNL" alum is back on the small screen with a new ABC sitcom.

ANDREW HUSBAND
letters@metro.us

Taran Killam stars in the new ABC sitcom "Single Parents." RICHARD CARTWRIGHT / ABC

With "Single Parents," the new ABC comedy from "New Girl" alums Elizabeth Meriwether and J.J. Philbin, former "Saturday Night Live" cast member Taran Killam is yet again part of an ensemble.

The thing is, the actor doesn't seem to mind at all.

"It's definitely a different gear to play the same character week after week, and now we're heading into our ninth week," he says from the set. "That feels new to me. It's a new experience, but I'm really enjoying that aspect. The writers are so smart and good at what they do, and even more to their credit, they're very open and collaborative. If we have ideas or jokes that we want to try out, they're all for it."

Killam plays Will Cooper, a single father who devotes his life entirely to his daughter Sophie, played by Marlow Barkley. Leighton Meester, Brad Garrett, Kimrie Lewis and Jake Choi round out the cast of fellow single parents who reluctantly take Will under their wing following a disastrous morning session in their children's classroom.

It's a fun, lighthearted show, and much like "New Girl" and "SNL" before it, the ensemble is what makes it shine. This is especially true of Barkley and the other young actors who, in a way, comprise an ensemble all their own. And as Killam attests, working with

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them on "Single Parents" is one of the most unique aspects of the series.

"I had never worked with kid actors this much before in this sort of long-term capacity, but I do feel that we've been incredibly fortunate to have not only the most talented kid actors, but also the nicest," he says.

"They're who people are going to tune in to watch the show for, because they're so funny and good," adds Killam. "This isn't a traditional family show, where you have the high school brother, the middle school sister and the precocious young one. They're all around the same age. They're creating their own community, and that's very unique. You don't often see that."

In other words, the comedy ensemble nature of "Single Parents" is actually twofold, with the parents and their children comprising two different groups. Whenever they interact, however, the comedy that ensues is as funny as it is delightful.

Toward the conclusion of the premiere episode, Will performs a song from the Disney film "Moana" over the phone with Sophie. It's a lovely scene that, along with tugging at the audience's heartstrings, also dives into the comedy whenever appropriate (like when Garrett's Douglas Fogerty joins in). But it also displays Killam and Barkley's rapport.

"She blows me away daily," he boasts, not unlike a proud father. "I'm just unbelievably impressed with her, but she's also able to be very present. I think that's her biggest skill set, because I'm coming from a comedy background in which I like to be loose and improvisational. Not only can she keep up, but she'll give her own input. It's really made for an organic father-daughter relationship in the show."

"Single Parents" airs Wednesdays at 9:30 p.m. on ABC.

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Philadelphia's Mural Arts program has transformed parts of the city into beautiful works of art.

MOLLY GIVEN
Molly.Given@metro.us

Philadelphia has always been a city busting with culture and creative expression. Riding through the city, it is almost impossible not to catch one of the perfect showcases of the city's artistic expression — murals. In honor of Mural Arts Month, here are some of the best murals to see around the city.

"Bird Feed" by Meg Saligman
This mural showcases how history was made when the Philadelphia Eagles won the Super Bowl for the first time.
829 Bainbridge St.

"A Daughter Migrates Towards the Mother Earth" by Jess X Snow
This particular mural is about immigration and how it affects a family unit.
2800 D St.

"South Philly Musicians Remix" by Erik Okdeh
The music scene in Philadelphia has evolved over time. This beautiful mural encompasses all that the Bandstand-era of musicians brought to the music scene of the city.
1532 S. Broad St.

"Our Flag Unfurled" by Meg Saligman
After 9/11, Saligman volunteered to paint this mural that has turned into an icon.
500 North Columbus Blvd.

"Ralph Brooks Park Project" by Steve Powers
Part of the 2015 revitalization of Ralph Brooks Park, Steve Powers was chosen to paint four walls in the area as a part of the project.
S. 20th Street at Tasker Street

"Staircases and Mountaintops: Ascending Beyond the Dream" by Willis Nomo Humphrey and Jonny Buss
Depicts Martin Luther King Jr. and his wife, Coretta Scott King, as they lead a voting rights march from Selma.
2101 Cecil B. Moore Ave.

"Our City, Our Vets" by Willis Nomo Humphrey and Phillip Adams
Mural Arts and Warrior Writers wanted struggling veterans to feel as though they have a place to safely express their thoughts and build a sense of camaraderie.
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"Rippling Moon: An Urban Fairytale" by Meg Saligman
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5 Gadgets to Enjoy Oktoberfest

Fizzics Waytap

Bubbles are perhaps one of the tastiest parts of beer, but after a while they could disappear. And if you are a fan of bubbly beverages, there is a gadget that will help you recover them. It is called Fizzics Waytap. The device is able to enhance the taste and texture of any beer using sound waves.

Growler Chill

Keeping beer cold and fresh is very important, but sometimes it is very difficult. Growler Chill is a gadget designed for lovers of craft beer, which helps keep it cold, fresh and oxygen-free for longer. In addition, it features an app that allow users to control different features with mobile phones or tablets.

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Igulu

Igulu is the smart home brewing machine that lets users create their own beer in just seven days by adding water. All you need is to add several ingredients to the machine and press the start button. Igulu connects to your phone via WiFi and lets you monitor the brew time, phase and temperature.

Bottoms Up

Serving beer can be difficult for the nonexperts, because the foam can come out of the glass before it is filled. However, there is a new and fun way to serve it. Bottoms Up is a beer dispenser that fills from underneath and it is designed to produce less waste and be quicker than traditional taps. It works with a custom cup that has a metal rimmed hole at the bottom which is sealed by a magnet.

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STOP, ALSHON JEFFERY IS A NO. 1 WIDE RECEIVER

OPINION

JOVAN ALFORD
@Jovan10

Last week, there was an ongoing debate on social media about Philadelphia Eagles wide receiver Alshon Jeffery. What was the debate about exactly?

It was about whether Jeffery should be considered a No. 1 wide receiver in the NFL, for anybody who has covered the team or been a fan since 2000 knows that the Eagles have not had many No. 1 wide receivers.

Before signing Jeffery last offseason, you could say the last time the Eagles had a legit top wide receiver was back in 2004 with Terrell Owens. And we all know what happened that season. Philly's offense got a tremendous boost and they went to the Super Bowl.

However, since Owens' departure in 2005, the organization has been desperately trying to find that next top-tier wide receiver. Over the years, Eagles fans saw the likes of Kevin Curtis, DeSean Jackson, Jeremy Maclin, and Jordan Matthews being propped up as the team's top receiving option.

Don't get me wrong, all of these wide receivers were good in their own right within in the Eagles' offense, but none of them were legitimate No. 1 wide receivers.

When you hear the term "No. 1 wide receiver," you automatically think of the best players at the position, who at least bring in 1,000 receiving yards and are game-changers. Anytime they catch the ball, you know they have an opportunity to score a touchdown or make an impeccable play.

If we go by these standards, then Alshon Jeffery is a No. 1 wide receiver — even though he might not be in the same conversation with Odell Beckham Jr., Antonio Brown, Julio Jones, A.J. Green, DeAndre Hopkins or Tyreek Hill. He is still a player that defenses have to game plan for each week.

If you do not believe me, just look at the impact he made in Sunday's game against the Tennessee Titans. Despite the loss, Jeffery had eight receptions (nine targets) for 105 yards and a touchdown.

He made life easier for everyone else on the field, including his quarterback Carson Wentz. The young quarterback was able to take chances on passes that only Jeffery could make. In addition to Wentz, having Jeffery back in the lineup opened up the middle of the field for tight end Zach Ertz.

Sunday's game was also the first time an Eagles wide receiver had 100 receiving yards this season. The last time an Eagles wideout reached that mark was in Week 14 of last season, where Torrey Smith had six receptions for 100 yards and a touchdown against the Los Angeles Rams.

Staying with this theme, we as sports fans get caught up on numbers to try to prove our point, right or wrong. In the case of Jeffery, he's not known to be a perennial 1,000-yard wide receiver.

He's only had two seasons where he's put up 1,000 receiving yards (2013, 2014). Should we diminish the impact that Alshon Jeffery has on the game because he does not put up gaudy numbers on a weekly basis? Not at all, because he draws double teams and is a touchdown scorer.

Last season, on a banged-up shoulder, Jeffery had 57 receptions (120 targets) for 789 yards and nine touchdowns. Those nine touchdowns were the second-best total he posted through his seven-year NFL career.

Back in 2014, when he had over 1,000 receiving yards, the veteran wideout grabbed a career-high 10 touchdowns.

Those stats are pretty good for a second-round pick, who you could make the case was the best wide receiver to come out of the 2012 NFL Draft. Also up for consideration is Indianapolis Colts wide receiver T.Y. Hilton, who was drafted in the third round and has recorded four seasons of 1,000-plus receiving yards.

However, despite having more receiving yards than Jeffery, both wide receivers have 36 receiving touchdowns.

But that's looking at where Jeffery stands at in the NFL. If you just want to leave it at the Eagles and his stature on the depth chart, then it should not be a question that he is a No. 1 wide receiver.

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215.236.7700 (ext. 325)
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GAMES

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ACROSS

1 __-together; meeting
4 Grand home
9 Male animal
13 Finished
14 Worship
15 Ray of __; tiny sign that things may improve
16 Craving
17 Scandinavian capital
19 Missed __ mile; wasn't even close
20 Exposes
21 Went skyward
22 __-up; big person
24 Baby goat
25 Spirited horses
27 Against
30 Homey
31 Like melted marshmallows
33 "__ so fast!"; words to the hasty
35 Matures
36 Inch along
37 Skin mark
38 Fellow
39 Longfellow & Kilmer
40 Item in the trunk
41 Like the sky on a clear night
43 Few and far between
44 Can top
45 Terre __, IN
46 San Antonio tourist stop
49 __ foolishly; squander
51 __ double take; look twice
54 Unable to tell green from red
56 Flying saucers, for short
57 Throw
58 Small weight
59 Soft drinks
60 Blemish
61 1 of 7 deadly sins
62 Men with namesakes: abbr.

DOWN

1 Bloody, like a horror film
2 Betrothal
3 Golf ball support
4 Large parrots
5 Decorate
6 Slangy refusal
7 Raw minerals
8 Cartoon pooch
9 Bits of broken glass
10 African nation
11 Jungle beasts
12 Wilder, for one
13 Give a nickname to
18 Unlike a bald head
20 Corpse
23 NFL officials
24 __ over; faint
25 Pyramid scheme
26 Robes for Caesar
27 Solemn promises
28 Neglected
29 Flies high
31 Western writer Zane
32 Cereal grain
34 Sequoia or spruce
36 Drape puller
37 Quarrel
39 Previous criminal conviction
40 Potato
42 Just about
43 Smoothed wood
45 Therefore
46 __ up; misbehaves
47 Noose
48 In addition
49 Disparaging remark
50 Yearn
52 Klutz's word
53 Burro
55 Swamp
56 FedEx rival

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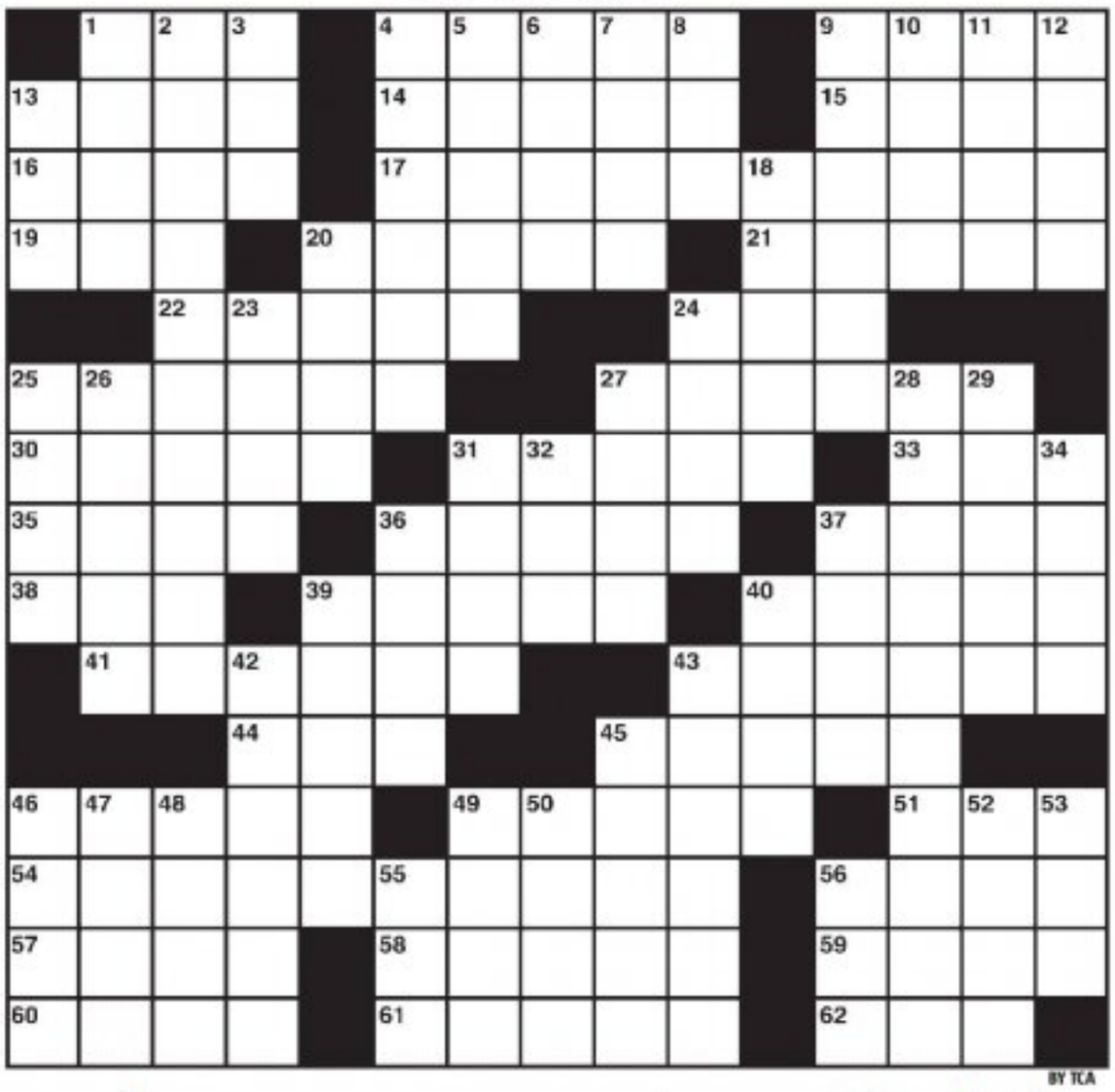

BY TCA

metro.us/wordsearch

Q	N	S	T	E	F	A	N	I	J
J	S	Y	B	A	B	Y	E	H	U
T	T	R	A	G	I	C	W	S	S
M	P	L	H	C	I	R	G	B	T
E	N	O	D	O	U	B	T	B	A
S	V	V	V	Y	M	M	A	R	G
K	A	E	P	S	T	N	O	D	I
I	H	M	O	D	G	N	I	K	R
T	M	S	H	E	L	T	O	N	L
R	H	O	L	L	A	B	A	C	K

Angel
Don't Speak
Grammy
Gwen
Hey Baby
Hollaback
Just a Girl
Kingdom
Love
No Doubt
Rich
Shelton
Stefani
The Voice
Tragic

metro.us/wander

Category: Occupation

G	N	S	O
I	E	T	F
S	R	W	A
E	D	E	R

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

					2	3		
1				4			9	7
	7				6	1		
	8				1		7	5
			3		5			
6	2		8				1	
		7	2				4	
4	1			7				8
		8	1					

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Yesterday's Answers

T	E	A	S	■	A	W	F	U	L	■	S	L	A	M
Y	A	N	K	■	L	O	O	S	E	■	L	O	S	E
P	R	E	Y	■	I	R	R	A	T	I	O	N	A	L
E	S	S	■	B	E	S	T	■	■	S	P	E	N	T
■	■	T	A	U	N	T	■	■	M	A	E	■	■	■
A	P	H	I	D	S	■	■	B	E	A	S	T	S	■
R	E	E	L	S	■	F	R	A	N	C	■	R	P	M
M	A	T	S	■	D	R	E	A	D	■	T	I	L	E
S	K	I	■	B	E	E	P	S	■	T	H	A	I	S
■	S	C	O	R	E	D	■	■	A	G	E	N	T	S
■	■	■	P	O	D	■	■	S	L	I	N	G	■	■
I	N	D	I	A	■	■	G	O	L	F	■	U	N	O
R	O	U	N	D	A	B	O	U	T	■	P	L	E	A
K	N	E	E	■	H	E	A	T	H	■	E	A	S	T
S	O	L	D	■	A	T	T	H	E	■	A	R	T	S

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